



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15030, Fish, gefiltefish, commercial, sweet recipe

Report Date: June 25, 2017 18:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 4 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 42g
Proximates					
Water	g	80.35	2	--	33.75
Energy	kcal	84	--	--	35
Energy	kJ	351	--	--	147
Protein	g	9.07	2	--	3.81
Total lipid (fat)	g	1.73	2	--	0.73
Ash	g	1.44	2	--	0.60
Carbohydrate, by difference	g	7.41	--	--	3.11
Fiber, total dietary	g	0.0	--	--	0.0
Minerals					
Calcium, Ca	mg	23	2	--	10
Iron, Fe	mg	2.48	2	--	1.04
Magnesium, Mg	mg	9	2	--	4
Phosphorus, P	mg	73	2	--	31
Potassium, K	mg	91	2	--	38
Sodium, Na	mg	524	2	--	220
Zinc, Zn	mg	0.82	2	--	0.34
Copper, Cu	mg	0.195	2	--	0.082
Manganese, Mn	mg	0.073	2	--	0.031
Selenium, Se	µg	10.5	--	--	4.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.8	--	--	0.3
Thiamin	mg	0.065	2	--	0.027

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 42g
Riboflavin	mg	0.059	2	--	0.025
Niacin	mg	1.000	--	--	0.420
Pantothenic acid	mg	0.200	2	--	0.084
Vitamin B-6	mg	0.080	--	--	0.034
Folate, total	µg	3	2	--	1
Folic acid	µg	0	--	--	0
Folate, food	µg	3	2	--	1
Folate, DFE	µg	3	--	--	1
Vitamin B-12	µg	0.84	2	--	0.35
Vitamin A, RAE	µg	27	2	--	11
Retinol	µg	27	2	--	11
Vitamin A, IU	IU	89	2	--	37
Lipids					
Fatty acids, total saturated	g	0.412	--	--	0.173
14:0	g	0.056	2	--	0.024
16:0	g	0.300	2	--	0.126
18:0	g	0.056	2	--	0.024
Fatty acids, total monounsaturated	g	0.824	--	--	0.346
16:1 undifferentiated	g	0.257	2	--	0.108
18:1 undifferentiated	g	0.407	2	--	0.171
20:1	g	0.109	2	--	0.046
22:1 undifferentiated	g	0.051	2	--	0.021
Fatty acids, total polyunsaturated	g	0.285	--	--	0.120
18:2 undifferentiated	g	0.116	2	--	0.049
18:4	g	0.022	2	--	0.009
20:5 n-3 (EPA)	g	0.075	2	--	0.032
22:5 n-3 (DPA)	g	0.027	2	--	0.011
22:6 n-3 (DHA)	g	0.045	2	--	0.019
Cholesterol	mg	30	2	--	13
Amino Acids					
Tryptophan	g	0.086	2	--	0.036
Threonine	g	0.488	2	--	0.205
Isoleucine	g	0.486	2	--	0.204

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Leucine	g	0.810	2	--	0.340
Lysine	g	0.842	2	--	0.354
Methionine	g	0.255	2	--	0.107
Cystine	g	0.113	2	--	0.047
Phenylalanine	g	0.493	2	--	0.207
Tyrosine	g	0.380	2	--	0.160
Valine	g	0.548	2	--	0.230
Arginine	g	0.595	2	--	0.250
Histidine	g	0.261	2	--	0.110
Alanine	g	0.546	2	--	0.229
Aspartic acid	g	0.772	2	--	0.324
Glutamic acid	g	1.750	2	--	0.735
Glycine	g	0.403	2	--	0.169
Proline	g	0.341	2	--	0.143
Serine	g	0.473	2	--	0.199
Other					